

# LIFE-SAVING MEDICINAL PLANTS

By

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## CONTENTS

Offering.

Foreword by the author.

1. My admiration for plants.
2. My family history.
3. Life style diseases of today.
- 4./1. Obesity.
2. Chronic arthritis.
3. Constipation, Piles, Hernia, Uterine prolapse.
4. Ulcers in the mouth, stomach.
5. Jaundice.
6. Respiratory diseases.
7. Fevers and my experience in the villages.
8. Head aches and Migraines.
9. Problems in Digestion.
10. Diarrhoeas and Dysenteries.
11. Worm Infestations.
12. Problems in the renal system.
13. Removal of Toxins from the Body.
14. General pains in the Body, Tiredness and Chest pain.
15. Nervous debility.
16. Sore eyes.
17. Skin Problems.
- 18..Diabetes.
19. Cancers.
20. Women's Problems
21. Anaemia.
23. Infertility among men.
24. Beauty care.
25. Documentation of People's knowledge.
26. Medicinal plants as food.
27. Botanical names of a few useful Medicinal plants.
28. History of 'Sugavanam'.

## OFFERING

Till the middle of 19<sup>th</sup> century, we followed our traditional health-care systems successfully as all other countries in the world did. It is our rich biodiverse medicinal plants that have saved us from all health problems. Then, we did not have many hospitals to get in. All our children were easily and normally born at homes with the supportive aid of elderly and skillful grand mothers. There were native healers who came to our help whenever we were struck by snake bites, jaundice, diarrhoeas, dysenteries, respiratory illnesses and fractures etc. Then we did not suffer so many incurable diseases either.

Our elders died at home of ripe old age and not by diseases in the company of family members and relatives. They were advised by the other elders to express their unfulfilled desires if any, and so also to forget any hatred if any so that death could take over them smoothly. They passed off to a higher life with great dignity and love. Regurgitation of milk that was poured into their mouth by their loved ones was taken as a sign of death.

Some traditional healers, their whole families and almost all the elderly members of all the families had a fairly good knowledge about common diseases and the use of medicinal plants. Some of barbers played the role of surgeons with a knife, easily removed thorns pricking the feet and opened up abscesses and bandaged them well with fresh herbal medicines. There were some special bone setters who had developed their own system of bone-setting. They knew to identify specific medicinal plants and of the locations where exactly they grew in which eco-system whether in the neighbouring forests or near the riverside, hillside or in the farms. They quickly collected the required medicinal plants, squeezed them within their palms so that no one else could identify them. They shrouded them with secrecy and mystery. They firmly believed that it must be done this way for good and efficient healing. I know of a poisonous - bite - healer who almost broke down in grief that he had lost his only teenage son by a snake bite when he was grazing his goats in a place where the required medicinal plants were growing, just because of his principle of secrecy even with his own son. Yet, he did not divulge this secret to me even!

Fortunately, it is our elderly grand mothers who taught their daughters and these daughters their daughters orally who have passed on our traditional knowledge down the centuries. At present, it is some of our educated or uneducated mothers who still believe in the traditional wisdom and are eager to follow this most noble technique in their families. In spite of the gigantic growth of allopathic medical system, there are a few who still believe in the efficacy of medicinal plants. There are a few, who are not satisfied with the side-effects and bad effects of allopathic medical system are eager to follow the herbal medicine. They are eager to learn how the medicinal plants could help with even today's seemingly 'incurable' chronic diseases such as cancers, obesity, diabetes, chronic arthritis, piles, breathing problems, women's special problems, children's problems and skin-problems etc.

This small book, 'Life-saving Medicinal Plants' is offered to the mothers who have upheld our traditional knowledge of herbal medicine so far and for all those mothers who are eager to follow the revitalization of it even in the face of ever-growing lifestyle diseases amidst the gigantically growing allopathic medical system. This book is designed for them to increase their self-confidence and knowledge with my own personal experiences and knowledge is offered to them.

Dr. Anne Victoria

#### INTRODUCTION BY THE AUTHOR.

We have accepted a global culture and also the allopathic medical system into our culture. In all the countries of the world, this system of medicine has achieved a gigantic growth due to the seemingly fast healing of symptoms, fast and elaborate diagnostic systems, innumerable life-saving surgical interventions, specially the very valuable transplantation of organs, the seemingly possible prolongation of life by a few days to a few months in ICUs for those who do not want to embrace death all that easily, successful artificial conceptions and most dramatic ways of child-birth and robotic surgeries etc.

From 326 B.C., from the death of King Alexander the Great, it is a known fact that most people die of poisonous medicines than diseases themselves. So he had ordered that his coffin must be carried by his noble physicians. Social scientific researchers like Ivan Illich, who has written the most shock vibrating 'Medical Nemesis' are very sure of this fact and are ready with valuable data from all the nations in the world. Yet, the whole world is kneeling down before the fast growing allopathic medical system though the cost of medical services has grown more than 2000% from the beginning of 20<sup>th</sup> century. It still allures most people. Even for dying, some prefer to try all that may prolong their living for some more time and to wait for the green signal from the doctor wearing the white coat and stethoscope around their neck! Doctor-dependency has rooted too deeply to be ignored. In any case, if we wish 'Real Health for all', this is not the appropriate system that we must choose. Each one should have adequate knowledge of our wonderful possession-our magnanimous body so that we maintain its most precise workings and how we make it an abode of all sorts of diseases by the age of 30 years. From then onwards frequently some put themselves in the workshops, the hospitals for corrections. Many are thrilled with 'routine check-ups' that could diagnose health problems at the earliest and to take up the preventive measures at the earliest in an effort to wage war against diseases.

In 'Secret Life of Plants' by Peter Tompkins and Christopher Bird, they mention about a French engineer, "During the First World War he underwent five operations. One dark night lying on a stretcher he overheard two medics whispering in the shadow cast by a kerosene lantern that he was so severely tubercular that there was no chance of recovery. A forced diet of rich food ruined his

liver and gave him other unpleasant side effects. Barely surviving the ministrations of the medics, Simoneton discovered Bovis's system of selecting fresh and vital food from the poisonous fare. In a short time, he rid himself not only of TB but also of its side effects and became so healthy that years later, at his sixty six and eight he still fathered children, at seventy he played tennis."

"Joe Nicholas a physician and surgeon suffered a massive heart attack. Nicholas realised all his life, he has been eating a junk food produced on poisoned land. He was completely cured only after changing his food to 100% organic."

In 1930, British scientists Paracelsus, Bach and Simoneton were convinced that diseases of the body are due not primarily to physical causes but to disturbing moods or states of mind which interfere with the normal happiness of the individual, moods which if allowed to continue lead to disturbances of the functions of the body organs and tissues with resulting ill health. They realised that everything that lives radiate some specific wave lengths. They realised that plants with higher vibrations were able to raise the lower vibrations of human beings. As Bach puts it, 'herbal remedies have the power to elevate our vibrations and thus draw down spiritual power which cleanses mind and body, and heals. Diseases would melt away as snow in the sun shine.'

Applying his technique for measuring wave lengths directly to human beings, Simoneton found that the normal healthy person gives off a radiance of about 6,500 angstroms, whereas cancer victims give off a wavelength of 4,875 angstroms long before any overt symptom of the disease is in evidence. The plants whose radiance has been reduced by chemical fertilisers were subject to attack by pests.

It struck Simoneton that the therapeutic marvels that were attributed since the dawn of history to herbs, flowers, roots and barks might not be due simply to their chemical contents, but the healthy wave lengths they radiate.

Since these above mentioned scientists have proved in their lives what they said, I firmly believe in them rather than the bookish allopathic knowledge, strengthened by the so called research on laboratory animals.

I am Happy that I also fall in line with them. I suffered numerous diseases, was pushed to 'allopathic medical dependency.' Since 5<sup>th</sup>. May 2018, I freed myself from the clutches of diseases and medicines, simply by following mucus less nature food for the past one year and stopping all the medicines. I am completely free from all the previous so called 'diseases'. I am happy about my decision for such a sudden drastic change in my life, supported by my family.

I am happy that I also fall in line with the above-mentioned scientists. I also was in grip of many diseases and allopathic medicine-dependency. Suddenly after having read a few valuable and relevant books, I freed myself from all the diseases and medicine dependency, after taking the

decision to follow mucus free nature diet. I share my life of newly -found freedom during the past one year from 5<sup>th</sup>. May 2018 through this book 'Life-saving Medicinal Plants'

Now I firmly believe that it's only a change in life-style, adoption of nature diet and dependency on medicinal plants that could save our life, though ruined by poison in our food, drinking water, air and the land where we tread on and chemicals that we consume as remedies.

I hope and wish that the same realisation will come to all the readers.

How few people know that the most important and the first preventive step is the 'Healthy way of living'. Healthful living consists in a few clear principles such as to follow nature with its most stringent rules and regulations. These rules need to be obeyed from birth till death which are protective measures against all diseases. They are simple and are easily understood by any one with a little bit of common sense and plenty of open mind. They are:

1. Eating minimum of pesticides, chemical free, 50% live 70% water containing food and 50% of cooked concentrated food.
2. Taking care of waste-removal from the body on time.
3. Living in open air, sun light with a land-touch.
4. Allotting part of our time for exercises, yoga, enjoying nature, and for arts like drawing, music etc.
5. Freeing oneself from allopathic medical dependency and follow our traditional herbal practices to the maximum acquiring knowledge by practicing it in every day life.

I have put all my community and personal health care experiences and experiments in this small book. 'Life-saving medicinal plants' hoping it may benefit all those who are in search of a healthy life.

#### 1. MY ADMIRATION FOR PLANTS.

The origin of plants started in water as microscopic one celled green alga and during the evolutionary progress, they grew into huge forests with an endless bio-diversity. Since, they are the prime food producers, all the other bio-diverse animal kingdom depend on them. They also respire as all the other living beings, taking in oxygen and leaving out carbon di oxide. The uniqueness is that they take in the unwanted carbon di oxide by all the others for producing starch in sun light with their unique possession of chlorophyll. Here we have to bow our heads to them for their wonderful recycling. Without this marvellous and noble task, the world would have become a place unsuitable for living.

Plants are the simplest of all the living beings and yet they do not depend on anything else for their being and living. All they need is some soil, water and sunlight. They manage to squeeze into any smallest gap in concrete, rocks, wood etc. Some manage to grow on other live trees like some orchids, some as parasites as *Cassytha filiformis* without even leaves and *Loranthus* with green leaves on neem trees and some as saprophytes on other dead plant matter.

Unbelievably, there are about 500 species of plants which eat flesh and blood, leaving only the skeletons. Venus fly trap and Sundew on land and Pitcher plant in water are a few examples of them.

Of the 375 billion tons and more of food we consume every year, the bulk comes from plants. All foods, drinks, intoxicants, drugs and medicines that keep man alive and radiantly healthy are ours through the sweetness of photosynthesis. Sugar produces all the starches, oils, waxes and cellulose. From crib to coffin man relies upon plants.

It is Sir Jagadish Chandra Bose our scientist from Calcutta who has done marvellous research on the physiology of plants to the admiration of the whole world. He has written numerous scientific books and research papers, the most important is 'Encyclopaedia Britannica'. He has opened his own 'Research Institute' in Calcutta on the 13<sup>th</sup>. November, on his 59<sup>th</sup>. birthday. He has devised a 'balanced crescograph' to detect variation of growth as hyper-minimal as 1/15000 millionth of an inch per second. In America, 'Scientific American' referred to him as "What is in the tale of Aladdin and his wonderful Lamp".

In 1902, Bose explains that roots exhibit 'geotropism' an attraction towards the earth and 'hydrotropism' an attraction towards water.

The leaves exhibit 'heliotropism' an attraction towards the sun and

The tendrils exhibit 'thigmotropism' may be an attraction towards some sort of support.

He is convinced that 'Plants talk, feel'. He knew that in plants there was respiration without gills or lungs, digestion without a stomach and movements without muscles and excitation as in higher animals without a nervous system."

In 1960-62, T.C. Singh from Annamalai University, Tamil Nadu did microscopic studies on Hydrilla verticillata. He has studied the effect of heart-melting melodies on Cassia fistula and the effects of some special ragas and Bhratha natyum on various plants like Lord Krishna, the eighth avadhar of Vishnu's flute music had over the verdure, animals and on Gopis.

Sir. Charles Watstone, the inventor of automatic telegraph said,:

"By 'ESP' that is 'Extra sense of Perception', plants do better than human beings. They see better without eyes. They are able to distinguish sounds even inaudible to human ears.'

In 1960 a French engineer, Cleve Berkster, America's famous lie-detector examiner worked with Dracena on Galvanometer polygraph. He says: "It may be that a vegetable may appreciate becoming part of another form of life rather than rotting on the ground just as human at death may experience to find himself in a higher realm of being." But we must be conversing with them.

The world famous Helen Keller, a model for the disabled of the world, herself blind and deaf visited Burbank, a scientist and said, "he has the rarest of gifts, the receptive spirit of a child.

When plants talk, he listens. Only a wise child can understand the language of flowers and trees."

Plants talk to the colourful butterflies during daytime by spreading their endless hues of brilliant colours. To them and to the buzzing bees they offer honey at the bottom of flowers so that they definitely help them with cross pollination in their course of reaching for honey. Plants like *Aristolochia indica* with a beautiful curve in the corolla is able to trap the insects got in and these have to find their own way out.

Once the seeds are ready for germination, they are hurled out to a long distance through air. Some have broad wings as the *Cassias* and *Ailanthus* or a tuft of hair like the *Calotropis* to fly in the air. Some seeds have special devices like stickiness and hooks as in *Achyranthus* to hook themselves on to animals, birds and man also. Thus they are able to travel unimagined distances.

The trees along the sea coasts like the coconut trees carry water up their trunks of 20 to 30 feet high in order to store half a litre of sweet water in coconuts. When the coconuts are mature, they fall down on to the water and float like boats and are carried to long distances for germination.

The palmyrah trees on the other extreme, grow in the deserts and bury their nuts on the sand and grow nearby wherever they fall and germinate without any water except for the rare rain water drops and make wonderful palmyrah-grooves in the deserts, where their dry leaves move with the speedy winds producing their own typical loud sounds that scare any animals and men around.

Seeds are preserved with their germinating capacity for many years. Some seeds that were stored in the nests of squirrels in Siberia are known to have germinated after 30000 years into the tallest trees in the world.

All the birds eat the fruits of all plants except the poisonous. The pulp alone is digested and the skin and the seeds are passed out with more vigour to grow. The seeds of Banyan trees grow in the creeks of high buildings in big cities only after getting invigorated in birds' digestive tract and they get destroyed by pesticide-sprays repeatedly by people.

Most of the small wild flowers like *Strobilanthus* grow closely as carpets so as to cover entire hillocks in the Western Ghats. There are a few forest with only one type of trees dominating as *Wrightia tinctoria* by dominating over all the other species in forests of Pudukkottai. In some forests a lot of biodiversity are seen to grow, accommodating all. The plants have their own preferred associations. Some foreign species like the *Julia prosopis* and *Parthenium* dominate the native species on all empty spaces available.

One such forest of teakwood dominated a few ranges of Anai malai in the Western ghats was destroyed by the Britishers and the countless number of trees were rolled down the place named 'Top slip' from those days were damaged greatly and the best were transported to England and the rest were used in buildings for the British officials in India. But they were careful enough to plant more trees in order to make forests once again training our people for the new 'Forest Department' in the history of India.



Wherever, whenever and whatever man plants, they grow and make beautiful flower gardens of his choice and of horticulture and various fruit orchards and coconut grooves etc.

Some plants of economic importance are cultivated regularly in and also out of season destroying the wild forests from where the wildlife are driven out. Animals and plants have their own preferred associations and they live together amicably, helping each other.

Man continues to do a lot of experiments with plants such as 'hybridisation' and 'GMO's the 'genetically modified organisms.' Any way, NATURE is the best and the wild PLANTS are the greatest on this earth. Some people have a great sense of this 'wilderness' and a call of the wilderness offers attraction towards it and they follow whenever they can.

With Tennyson, all my life, I admire flowers:

"Flower in the crannied wall

I pluck you out of the crannies

I hold you here, root and all in my hand

Little flower - if I could understand

What you are, root and all and all in all,

I should know what God is and what man is.'

Dr. Anne Victoria.

## 2. MY FAMILY HISTORY.

My father has travelled many countries during his services as a specially-trained first-aid officer in the ambulance train during the World War II. He was an ardent admirer of the British always praising them to the skies for all their noble characters of self-discipline, planning, punctuality truthfulness, and service-mindedness etc. After the war was over, he served as a teacher all his life. He continued his service to the neighbours, always keeping the doors open. He was wonderful in first-aid treatment making sutures and bandaging. He always had a stock of J&J DECHANE company medicines for simple ailments like cold, cough, fever, diarrhoea, dysentery, poisonous bites etc. I admire his documentation of every bit of his works and he taught me this, the first aid medicine and also languages English, French and Italian which motivated me to learn them later in life and also to become a physician. He was good in home-gardening and rearing chicken all his life. My mother also was a teacher. All that she knew and did was being kind and generous towards everybody. Her love and attachment to her children was the cause of all her health problems later on in her life when she felt that she was deprived of her loved ones around her.

Even before I was born, the 4<sup>th</sup>. child, a boy of 2 years old has died of severe dysentery.

Roughly about 1950, I had an elder sister aged 18 years the eldest of 5 of us suffered sudden severe stomach pain. The local hospitals could not identify this health problem and so also in the bigger

hospitals in the neighbouring town. So at home my parents tried all that the famous local healers advised. Each healer tried his best for 7-10 days with no improvement.

One such treatment was called 'thokkam' in which the healer hits the abdomen downwards forcibly with his hand to bring out whatever harmful thing got trapped inside the abdomen. It was so forceful that my sister fainted, unable to bear the pain of it. She suffered more pain than ever.

Some of our relatives had invited the so-called 'remover of marunthu' suspecting that some evil substance has gone into the stomach and it must be removed. Only then healing would be possible. So this man looking like a magician came in. All the people in the street gathered around him. He was very dramatic. He started praying to his traditional gods and goddesses for the success of his special job. From my sister's mouth he blew, sucked out forcibly for a few minutes and eventually brought out the 'marunthu' from her mouth which was a piece of raw mutton with hair grown on it. He said dramatically that "at last he has found out the culprit with great difficulty, the evil some body has done to this child. Be happy that the evil one is out and from now onwards, improvement would follow. Try to strengthen her with good food etc. But I will not let the evil-doer escape all that easily and I will punish them severely in the same manner but you must pay me something more, that's all". By then the people started to whisper among themselves saying: "these fellows are like this, they will suck out money in the name of 'taking revenge'. They have already destroyed many families by such bad stories." My both the parents said, "We don't want anything of that sort. We will be happy if our child gets cured" and gave some money in his hands and sent him out telling him not to come back this side at all.

My sister prolonged her sleep the same night, to our great grief. My brother got married and left home. I left home for my higher studies abroad. My mother did not get out of her repeated blows of sorrows till her death.

From then onwards, my mother's health started deteriorating. By around 1960, she became an abode of all sorts of diseases. In a special hospital she was diagnosed to have type II diabetes, high B.P. etc. She was advised to stay in the hospital for sometime for close observation and treatment. She stayed only for 2 days and decided to come home and die at home rather than staying in the hospital. Being highly diabetic, she became extremely thin. So she died at home in 1963 as she wished at the age of 55 years. I was not next to her during her last languishing painful days. It was my 2<sup>nd</sup> elder sister who took care of her. It was my pet pussy Tiger who was next to my mother all the time which died under her cot starving himself to death ever since my mother was not able to swallow anything. It was he who suffered with her, while I was enjoying a summer camp in Monte Mario a few kms. away from Rome in Italy and knew of her death only after a week.

My father suffered respiratory problems, wheezing now and then. He followed Siddha treatment and he was managing himself well. At times when he had severe attacks of wheezing, he took the

services of a compounder who used to give him an injection of Deryphillin at home which helped him instantaneously. He passed away peacefully at the age of 75 years, praising the Lord. He has taught us to pray at times of difficulties and sang songs and read the Holy Bible. That's his legacy for us.

My second elder sister a famous Maths teacher and also a writer of short story books, lost her left leg in an accident and her husband on the spot of accident. She suffered diabetes and a high B.P. Eventually after one year, she suffered stroke also. Whenever I see her as a withered flower in bed I used to cry, 'After having made a wonderful veena, have you thrown it onto the dust to lose it's goodness, tell me Siva Shakthy?' She was the noble one who took care of both our parents till death. Even she was not spared of fatal sufferings with diseases. For many years, I have woken up with a start in sleep, feeling for my leg and have cried for my sister.

The next is me. I have also a share in all the diseases of my family inspite of being a physician. Having this family background in the back of my head, I used to be extra careful taking preventive herbal medicines. Always I used to have minimum food and maximum activity getting completely involved both rural community health programme and urban schools' environment education programmes becoming very famous for organising mobile herbal exhibitions and home kitchen gardens and school herbal gardens.

I had two normal deliveries of my daughter and my son in 1977 and 1984.

First attack of Eosinophilia started in 1979 at the age of 39. I got sensitised to the smell of cow's urine and started to have attacks of wheezing. On the advise of one of my colleague friends, I started taking anti-histamine and tablet Deriphyllin to stop wheezing. These helped me for prevention also. From then onwards I became medicine-dependent till 5<sup>th</sup>. May 2018.

From 1998, I started taking herbal medicine to avoid becoming a diabetic which I continued long.

I got my uterus removed to stop excessive bleeding and prolapse in 2005.

In 2010, I suffered an attack of heavy depression which triggered diabetism and it's bad consequences, atherosclerosis and cholestraemia. I took my first consultation in C.G.H.S. hospital, Bangalore on 11<sup>th</sup>. June, 2009. The level of blood sugar was 101-161mg. and easily 300mg. and the level of cholestrol was 181mg. So treatment was meant for diabetes, atherosclerosis and high cholestrol for three months. The lost pulsation in the left dorsalis pedis returned within 4 months. The drug Styloxnthus helped me but I discontinued it after 3 months because of its side effects.

From 4<sup>th</sup> December 2010, I started wearing corrective glasses for refractive errors. Eye infections were common whenever exposed to dust. Chloremphenicol eye caps. were very handy and soothing. On 17<sup>th</sup>. February 2018, during a routine eye check up, it was found that cataract is beginning and OCT macules in the retina, may be another complication of diabetes or simply due to old

age. Injection Licentis 17A within the eyes three doses were recommended each at the rate of Rs. 23,000. which I decided not to take on my personal principle though my family was in favour of it. One young diabetic specialist was cross with me and asked me "Why then do you come to hospital?" It was a very valid question and I stopped going to hospital ever since. But I was continuing meticulously the other allopathic treatment including injection insulin, costing Rs. 2,500 per month.

Now I am serious in attending Suriya darshan daily at the stage of orange balls both in the morning and evening. Till today my eyesight is fine and daily I work on the computer for about 5-7 hours with breaks in between without any difficulty.

Since the beginning of 2018, my bowels were very weak. From Chandigarh, I phoned up to my son in Pudukkottai. He correctly diagnosed it to be 'irritable bowel syndrome' and advised me a complete change in diet and sent to me a book by name 'Mucus-free diet healing' written by Arnold Ehret through e-mail. My husband borrowed from Chandigarh library a book by name 'Fit for life' written by Harvey and Marilyn Diamond. My daughter and myself read them quite seriously and discussed among ourselves.

On the 5<sup>th</sup>. May 2018, the birth anniversary of my second elder sister, I decided that I will switch over to raw diet seriously. I have abruptly stopped all the allopathic, Homeopathic Siddha and herbal medicines also which I had been taking from 1978 onwards.

My present diet:

1. At 6 in the morning, I start the day with methi seeds soaked overnight with a tumbler of water.
  2. At 7 O'clock after my morning walk in the sun, I take the juice from 2 or 3 amla fruits.
  3. At 8 A.M. after doing some work in our garden, I take the pulp of half pine apple and a banana immediately to get the irritating taste changed.
  4. At noon one O'clock, I take a little bit of green gram or horse gram and cow peas and little of ragi and pearl millet all sprouted. I take 1/4 tsp. of self-made Ashta soorna to facilitate digestion.
  5. At 4 P.M. I take 2 oranges and some grapes.
  6. At 7 P.M., after my evening walk and sun darshan, I take mashed carrot, white radish and a few tomatoes.
  7. In between I take some almond, groundnut and puffed chenna powder and some drinks of lemon juice without any sugar or salt.
  8. I take some seasonal nature -gifts like the tender cucumber, the tender jelly of tender palmyra fruits and the roots of palmyrah- germs with their good bland tastes which I like very much.
- I tried tender coconuts earlier and I have stopped them because I realised in my body that they can raise the blood-cholesterol level. Moreover I read a poem by Kuthambai Siddhar which says why should one eat coconuts when we could be more healthy eating mangoes.

I am maintaining my body weight at 45 Kg.

I cheque my blood-sugar level in my glucometer once a month or whenever I feel the need, and the average is 101 mg.

Whenever sugar level goes higher, I notice some longish lines on my nails, an observation shared by a friend called Rev. Y. David a health knowledgeable social activist.

For cholesterol checking, I follow my own indicators which I observe very closely. If cholesterol increases, I feel small conical skin structures over arteries in parallel places on both the sides of the body like the arms, breasts etc. After 10 days, these fall down, leaving black dots like moles. On bigger arteries like the Femorals and the Brachials, I have observed earlier big button like painful blocks specially with bad LDL cholesterol, when I tried stopping all cholesterol in 2010. The blocks got cleared off by themselves when I started taking good olive oil with food.

Another health indicator which I have observed on myself are cramps, the very severe pulling type of pain in the calves which has become less with less cholesterol level and better hydration with fruits.

Now, I am happy that all these symptoms specially those of 'irritable bowel syndrome' have disappeared after having switched over to 100% raw diet.

I never miss doing simple yoga in the evenings, Vipassana meditation early in the morning at 5, sun-gazing and walking upstairs in the open terrace twice daily etc. Stray dogs are a menace in the streets.

I am very energetic and I do all the household works. I spend my time in reading, writing gardening and receiving my neighbours and visiting them in their houses. I am actively planning and involving myself in getting Sugavanam our EMF, the 'Ethno-medicinal Forest' of 13 acres and of our home garden recover from the havocs done by Haja cyclone on the 16<sup>th</sup>. November 2018. so that programmes of safeguarding bio diversity and taking up environment education for students and nature camps could be continued actively once again.

## 2. LIFE-STYLE DISEASES OF TODAY.

Toxaemia and Life-style Diseases of today.

'Toxaemia is the word first coined by the food scientist, Dr. John H. Tridan M.D. in his book by name, 'Toxaemia Explained' in 1926. "The human body is finely designed in terms of 'anabolism' that is of tissue -building and 'catabolism' that is tissue breaking down. The excess of one over the other is 'metabolic imbalance'. He explains why ones gets fat. The toxins are the fore runners of fat and obesity. Toxaemia is produced by irregular process of metabolism.

Our body is at hard work, the 300-800 billion old cells per day are getting constantly replaced by new ones. These old cells are toxic that means poisonous and must be removed from the body

through the 4 channels of elimination which are the bowels, the bladder, the lungs and the skin and also through the eyes, nose and mouth. That's why the tongue is coated with a white substance early in the morning. The toxins must be removed from the body at the rate of production. For this elimination process, a lot of energy is needed.

The second way of toxemia is from the by-products from food that we eat 3-4 times per day, which are not properly digested, assimilated and incorporated into the cell structure.

Our intelligent body is not biologically adapted to deal with so much of altered food. A lot of residue is formed in the body which are toxic. These when not properly thrown out, get accumulated as fats and this leads to 'obesity.' The 7/8 of fat gets accumulated under the skin as a uniform layer and over the muscles which are not moved much as under the chin, in the back as a hump and over the hip and buttocks etc. The remaining 1/8 of it gets accumulated around the vital organs such as the heart, the lungs, digestive organs and the female reproductive organs preventing their proper functioning. A pot belly is formed in the due course.

So toxemia is the main cause of most of the so-called 'chronic' 'incurable' life-style diseases which includes obesity, diabetes, peptic ulcers, gas troubles, irritable bowel syndrome, high blood pressure, cholesterolemia, chronic arthritis, heart diseases, arterial diseases, cancers in all parts of the body, respiratory diseases, women's diseases and thyroid problems etc.

## 1. OBESITY.

Obesity is a world wide problem today because of our unhealthy, uncontrolled food habits. For any disease to be cured, the causes must be tackled first. It's ridiculous to think that I cannot strain myself a little bit to avoid the causes but I need remedies. The first step is following a few simple golden rules for health. The laws of nature are stringent, straight forward, simple, great and worthy of following. They are:

- a) Eating a maximum of simple, easily digestible, 75% water-containing natural pesticide-free food which are fruits, raw vegetables about 50 % of the total food-intake till 12 noon. The remaining 50% better be poison-free small millets such as the pearl millet, ragi which are of 7 varieties and more vegetables than grains as cooked food.
- b) Having daily bodily labour in the home garden, walking in early morning or evening sun, yoga etc. Extra curricular activities like playing on the ground and swimming etc.
- c) Having regular attention for waste removal which according to Thiru Valluvar, is more important than eating.
- d) Less time spent in sleep, which is need-based and not out of slothful habit.

## REMOVING THE CAUSES OF OBESITY.

When we reflect on 'removal of causes of obesity' we need to be open-minded. Almost all the doctors of all the medical systems in the world advise anybody to be careful about the body weight which increases unobtrusively even without our knowledge. In all the hospitals, surely weight is checked during every visit. But my question is whether height is also checked at least once before treatment is begun and an awareness is created about the harms of obesity. Even if we eat a handful of more food than we need, it is changed into fat and eventually gets accumulated in the body as fat increasing the weight initially on the outer surface 7/8 th. of it and later on 1/8th. on to the vital inner organs such as the heart, lungs and the female reproductive organs and in abdomen as a pot belly. In my careful observation of the people living around me, many take up the advice of doctors about daily walks which is only the second step easily without ever daring to put the foot over the first step that is eating less which does not help the purpose. I see people walking for a few years in front of my eyes who have not reduced even a little and on the contrary they have gathered some more fat and weight on themselves.

Almost 100% of people acknowledge openly that they cannot think of changing their food habits, in spite of suffering much in daily life. They suffer lack of easy bodily movements, gas troubles, indigestion, lack of energy, pain in the joints and the body, breathing troubles, too much of perspiration and tiredness in our home warmth and global warmth etc. On top of that the need for frequent visits to hospitals for checking ups and the cost and the troubles incurred etc. Facing all such serious health and social problems, it's strange that hardly any one who is ready for any change in their eating habits. Many enquire me seriously and genuinely how it is possible for me to stop eating cooked food altogether and how I am so agile and active at this age of 78 not spending any money on health problems as I did earlier.

My simple answer is that great saints have well-explained already.

Thirumoolar had sung in the 2<sup>nd</sup> or 5<sup>th</sup>. century that eating a bit of too much though seemingly pleasing to the tongue, the enjoyments of tastes will eventually lead to practical difficulties. Definitely everybody has the freedom to choose what they eat. It is of utmost importance on the emotional level and feeling happy and satisfied in life. But choose wise what will help your body and stop putting obstacles for good health. He says eating non-vegetarian food is punishable in hell. What worse hell than we need except the excruciating pain that we suffer in the body and mind when we are squeezed by diseases as by octopuses with 8 tentacles with suckers. In my imagination each disease is an octopus.

Thiuvalluvar puts the same concepts of health in different words than me, that's all.

He questions seriously how one could live a life of dharma, eating other lives for food.

He says very simply that happiness will stay with people who eat less just as suffering will stay with those who eat more than necessary.

He says in all authority that man does not need any medicine at all, if only he takes pleasure in passing out the unwanted waste earlier from the body before taking the next meal.

He says just because the evil things bring on more evil, we must be afraid of them as fire.

Fat accumulation and obesity is definitely one such evil that we must be afraid of and throw off from our life, if we consider good health as our first priority.

He says that control over the tongue is necessary for preventing errors in speech. If he happens to live today, he would say not to suffer problems in the body as accumulation of fat in the body also.

Subramania Bharathiar sings light heartedly:

“Do not spend time in worrying about the past which will not come back

Take note of what has happened, all the evil will go passed by,

Think that you are born afresh today,

Eat, play, enjoy and be happy and you will reach the heaven today.” which I think is a very good treatment for stress today which is increasing during these modern times.

We must be thankful for such wonderful poets as our health-advisers. We must dare to follow them at whatever the cost may be if one really care more for permanent good health for temporary enjoyment in our life. I ask some of my neighbours what would they prefer eating rice or beating of their heart. If we prefer our hearts' welfare, we must have the courage to change our eating habits.

It is very unwise to want to enjoy one's freedom rather than fulfilling our responsibility towards our most wonderful body. It's a disgrace to opt for suffering and to put our body frequently at the mercy of medical workshop as the knowledgeless senseless owner of a vehicle who puts it frequently into a mechanical work shop and pay exorbitantly to get it corrected. May be that we have not paid for our body and it is a pure gift from nature, God and our noble parents that we fail to appreciate it's worth in good health.

All that we need to do is to strengthen our will power and pray to some Super power beyond ours what we call as God, may be the sun god, the source of all energy for the whole universe.

I advise people who are serious about some change in food habits to try to reverse the proportion of rice or wheat and vegetables to begin with and to eat 3/4 of a meal as vegetables and 1/4 as rice.

The second stage is eating 50% of fruits containing 70% of water in the morning and 50% as cooked concentrated food later on during the day and to have an early and light dinner at night.

It is not necessary to eat protein at every meal, every day and fat so less as to have 10% of our total energy from it, for we are going ahead towards 'protein -poisoning' and 'fat-tooth' in addition to having a 'sweet-tooth'. We must always remember that all these are recorded in our genes and are passed on to our next generation.

Fasting sometimes in life is very essential to strengthen our will power as all the religions in the world advocate. A short time fasting of a few hours per day may be possible with anybody and we



must learn to enjoy the 'feeling of hunger' for some hours atleast, rather than stuffing ourselves with snacks in between regular meal times.

It is good to train the children early in life, for obesity in children is becoming a serious problem in life today all over the world. It is the responsibility of the parents not to make our children obese out of excessive love and care for them. Anything must fall within limits rather than regretting when too late. First of all parents should keep themselves trim and energetic. Automatically children will fall in line. It is mothers who should be more knowledgeable and intelligent in choosing options for children more so at the time of weaning the of infants from breast-feeding. Rather than stuffing them with any amount of commercial milk powders easily, they must be prepared to take some extra trouble to start them on fruit juices and pulp. Children must be trained to enjoy the natural sweetness and flavours of fruits, raw vegetables and sprouts, so that they will learn to always opt for the best in life.

#### MEDICINAL PLANTS AND FRUIT TREES:

1. Different types of green leafy plants grown in our own gardens organically are good. Those who do not have ground space for gardening could try roof-gardening. Easily establishing greens are *Solanum nigrum*, *Alternanthera sessilis*, palak, carrot, beatroot, onion leaves, *Sesbania grandiflora*, methi plants, Coriander, Menthol, Shoe flowers, *Hibiscus cannabinus*, Tulsi, *Anisochilus carnosus*, Aloe vera, Adathoda, *Solanum trilobatum*, *Solanum melongena*, the egg plant, *Murraya koengii*, moringa, *Eclipta prostrata*, *Centella asiatica*, Breyani refusa, and *Cissus quadrangularis* cabbage, turnip and banana, Pappaya, guavo, and mango etc.

Regular habit of eating greens and vegetables prevent constipation and piles etc.

#### 2. CHRONIC ARTHRITIS.

Obesity is the mother of chronic arthritis. I have yet to see one without the other. Chronic arthritis is the direct pressure effect of obesity on bones and joints of the body.

As our principle says that the cause must be removed that is reducing obesity for curing arthritis. Automatically part of arthritis would start healing. Definitely it is the pre-requisite which I find it to be true when analysing my quick short survey among 24 families with 109 members above the age of 30 years in our street. Once the oppressing over-weight is removed, all the joints in the body will heal. There are no other short cuts. Unless until the pressure effects are removed from the bones and joints, they cannot revive their old healthy conditions. Unfortunately by this time the joints undergo some permanent irreversible damages that cannot be corrected even by corrective surgeries. So, as far as our body is concerned, it would be ideal to maintain the original healthy condition of bones and joints with good life- giving live food and adequate exercises moving all the joints whatever degrees of movements are permitted in each. Sitting in the office for many hours is an aggravating factor. Letting excess of unwanted fat to

accumulate in the joints is definitely harmful. So a change in the lifestyle is very essential. Appropriate yoga exercises should be learned and practised daily for any improvement in health. Medicinal plants could offer some solace as the last step and one should not expect any magical cure as is seemingly expected in allopathic medical system.

Though the chemical medicines such as the pain-relievers, anti-inflammatory drugs and corticosteroids seem to be of magical relief temporarily, in reality they are very harmful in the long run. The kidneys find it very difficult to filter and remove them from the body, eventually end up in failure. Artificial dialysers may seem to be of great relief. But for how long? The magnificent filtering of poisons had to be done in the body by wonderful 4 inches long kidneys all the 24 hours without even our knowledge. It is we who are unable to take care of our intricate and delicate kidneys and how can we expect somebody else to offer their healthy kidney for money so that it could become a life-saving strategy to prolong our life?

Medicinal plants that offer some relief for chronic arthritis:

There are some wonderful herbs which could help us as relief. Some we could eat as food and take as drinks as fresh extracts or decoction. Some could be dried and powdered and kept in glass bottles in the shelf and take whenever needed. There are some herbs which could be made into pastes by grinding in the mixy jars and used for external applications as pastes or fomentations.

As decoctions or fresh extracts the following herbs can be of some relief:

1. The leaves of *Vitex negundo*, *Tulsi*, leaves of *Eclipta prostrata* taken with a little of powder of *Ajwain*.
2. Flowers of *Sesbania grandiflora* made into decoction.
3. *Mukia madaraspata*, *Aristolochia indica* and leaves and tendrils of *Cardiospermum helicacabum* made into a decoction.
4. White radish tuber and leaves decoction or fresh extract.
5. *Centella asiatica* entire plant as dried powder or decoction.
6. *Acalypha indica* as extraction or decoction.
7. Leaves of *Pongamia pinnata* as decoction.
8. The dried tubers of *Withania somnifera* boiled in milk, dried and powder, a small pinch of which taken with a tsp. of honey.
9. The leaves of *Mukia madaraspata* could be ground and mixed with flours and prepared as dhosas and as adai.

Giving warm fomentations with the following herbs can give some relief from pain:

1. Leaves of *Vitex negundo*, *Eclipta prostrata* and *Mukia madaraspata*, fried in gingilly oil.
2. The leaves of *Delonix regia* or *elata* boiled with water.
3. The leaves of *Pergularia daemia* *extensa* boiled with water.

- 4.The leaves of Pongamia pinnaata decoction after drinking the same.
- 5.The entire plant of Solanum nigrum extract heated with equal amount of gingilly oil, cooled and saved in a glass bottle used as external application.
6. An extract or decoction of bark of Moringa tree and leaves.
- 7.The oil of seeds of Moringa oleifera used as external application.
- 8.Oil of white mustard seeds.

### 3.CONSTIPATION, PILES, HERNIAS AND UTERINE PROLAPSE.

The causes of all these are the same that is eating more of cooked,sticky concentrated food like the rice, chapathies and junk food such as the noodles and pasthas than unsticky food containing more fibers.Our body could process the food we eat and throw out as 'unwanted' only what is not needed and that is the fibers. Fibers are available only in fruits and vegetables and greens.

Contipation is the curse upon man when he became a two leg footed animal from the previous species which was four footed.The most directly related factor is cooking the food which is done only by 'man.'Man seems to be an expert in killing the original form of life from food by some process or other changing it into dead sticky substance adding sugar and salt masala,oil etc..So the day man, the only species in the planet started cooking what he ate, diseases began.Definitely cooking add softness and adds a different taste to food altogether, no doubt about it.If man becomes too much obscessd with taste and not good health,diseases abound.There is no escape from it.

If we care for our good health, we must adopt some changes in our present life-styleand food habits. We have to learn from our predecessors and eat atleast 50% of what they eat that is live fruits and raw vegetables.If only when we stop the causes,we could relieve ourselves from the diseases.

Piles is a simple affectation of veins in the anus, their getting longer and tortuous due to the increased pressure within our abdomen during evacuation of the unwanted hard faeces from the body.This is called the 'internal piles'.If continued for a longer time,the tortuous veins, peep out side and go in automatically. If continuously remain outside,is called as 'external piles.' If still not corrected, it starts bleeding and is called the 'bleeding piles'.At this stage, it could be corrected by surgery that is by digging it and throwing out or by scorching. During healing it may cause constriction of the anus and the problem may continue.Anyway piles is easily prevented rather than a complete healing.

Daily walking and yoga exercises are helpful in preventing constipation and piles

### MEDICINAL PLANTS FOR SOLACES:

- 1.All the green leaves and leafy vegetables such as the cabbage and with a lot of fibers such as the beans variety that we cook and eat are capable of preventing constipation, piles and in curing it.

2.Oxalis,3.Hibiscus cannabinus 4.Abutilon indica, 5.The tender leaves of Thespesia, 6.Sesbania grandiflora leaves and flowers and 7.Tubers of turnip and 8.Radish, 9.Tubers of sweet potato and 10Dioscorea etc.are cooked and taken with boiled rice of a reduced volume.

11.Drinking one tsp. of castor oil at bed time is capable of pushing the stool out the next morning.

12.Taking 1/2 tsp. of powder of dried leaves of Cassia obtusa at bed time every day.

13.Habit of taking Triphala 1/2 tsp.daily at bed time may relieve chronic constipation.

The leaves of the following plants are fried in castor oil and stuck over the anal region reduce the pain and burning in case of burns.

1.The leaves of Abutilon indicum 2. The leaf of castor plant.3,The leaves of bittergourd etc.

#### 4.THE ULCERS IN THE MOUTH AND STOMACH.

Small round ulcers are formed in the delicate mucous membrane of the mouth, the stomach and duodenum in the soft mucous membrane of the digestive tract.If not taken care of, they can grow deeper and cause bleeding. If red and fresh the ulcers are acute. If the stool is dark coloured it is altered blood.If the ulcers are in the stomach, the pain will start immediately after eating. If pain is before meals, it means that the ulcers are in the duodenum.If not healed fast, these may turn into cancers.If tobacco is used as a habit,it stimulates cancer formation in the mouth.

The causes that must be avoided:

1.Not eating citrus fruits with vitamin 'C'and green leafy vegetables containing vitamin 'B' complex group.

2.Eating rice containing pesticides which is polished many times in machines.

3.Stress, 4. Drinking alcohol on empty stomach.

#### HERBAL REMEDIES:

1.Solanum nigrum. 2.The leaves of Sesbania grandiflora.3.Alternanthera sessilis.4.Eclipta prostrata. 5.Tender leaves of neem tree.6.Tender leaves of guava tree. 7.Tender leaves of mango tree.8. Leaves of Cassia auriculata.9.Leaves of Wattakakka volubilis.10.Leaves and tendrils of Gymnema sylvestre. 11.The whole plant of Cyanodon dactyliformis, 12.Coconut milk 13.A few cloves of garlic boiled with cow's milk.

#### 5.JAUNDICE.

Causes of jaundice that must be prevented:

1.Infections of liver caused by viruses and bacteria taken with infected food,drinking water and through infected intra muscular and intravenous injection needles.

2.Any block for bile reaching duodenum as in the formation of stones in the gall bladder.

#### HERBAL REMEDIES:

1.The entire 5-6 plants of Phyllanthus niruri , ground in goat's milk taken for 48 days on empty stomach.

2. Leaves of castor plant, *Ricinus communis* taken for 48 days continuously.
3. Leaves of *Eclipta prostrata* and *Alternanthera sessilis* ground together, taken with goat's milk.
4. All different parts of *Cassia auriculata* dried and powdered 1 tsp. taken for 48 days.
5. Leaves of Bael tree ground to a paste and taken for 48 days.
6. The leaves of *Solanum nigrum* ground to a paste taken for 48 days.

The treatment is quite rigorous, must be taken for 48 days on empty stomach and food must be free of non-vegetarian food, oil, Tamarind and all pungent masalas etc.

## 6. RESPIRATORY DISEASES.

### a) Common cold and Sinusitis:

Because of excessive global and local air-pollution and living in air-conditioned rooms, most of the population suffer from frequent attacks of common cold and sinusitis. This gives opportunities for viruses and bacteria to instigate and cause infections specially in cold seasons and in cold places. The bad habit of spitting anywhere in common places helps it spread fast to others easily.

Avoiding the causes is not possible all the time and hence we prefer to suffer. But one need not run to the hospitals with children and have resort to allopathic medicines and specially to antibiotics frequently, for they are harmful in the long run. This concept has been seeded in my mind by my Professor of Pharmacology, Thiru Vishveshvaraia from St. John's Medical college, Bangalore. During the interview before admission, the question he asked me was, "How many days of treatment will you take for common cold?" Laughing loud he said, "You can get rid of cold with medicines in 1 week and without any treatment in 7 days!" "Yes. It is self-healing in its own course of time.

### 1. LOWER RESPIRATORY INFECTIONS. Allergy, Common cold Sinusitis and Tonsillitis etc.

Till today in our family, we have not taken any allopathic medicines for common cold. There are wonderful medicinal plants that give us a lot of symptomatic relief. Some could be cooked and eaten with food making pepper water, soups etc. and as dosas, adai, some made into decoctions, some could be used as pillows and some as pastes for external application.

a) Pepper waters are prepared in various combinations of medicinal plants and dried medicines in the kitchen box which we use daily in our Indian kitchens. Medicinal plants of great value are:

1. *Pergularia daemia*                      2. *Mukia maderaspatana*,      3. *Aristolochia indica*, 4. *Solanum trilobatum*, 5. *Cardiospermum helicacabum* with a tsp. of pepper, jeera, dry ginger etc.

b) Adais are prepared with a cup of rice-flour and a handful of herbs cut into very small pieces like 1. *Erythraea indica* or 2. *Solanum trilobatum*, removing the fine thorns over the leaves, together with some pepper powder.

c) Making light kanji or kitchadi with a cup of rice, a cup of black gram with a tsp of black pepper, garlic, a few small pieces of fresh coconut or with coconut milk etc. Coconut chutney with this is very enjoyable and soothing to the system.

d) Making warm drinks or extract of a few medicinal plants with pepper, garlic, fresh or dry ginger with some palm candy or jaggery in 4 cups of water boiling down to 1 cup is the traditional procedure. This mixture could be kept for a whole day, taking atleast 3 times a day after heating.

The medicinal plants are: 1. *Adathoda vasica*, 2. *Solanum trilobatum*, 3. *Ocimum sanctum*, Tulsi, 4. *Aristolochia indica*, 5. *Viex negundo*, 6. Dry ginger and 7. A tsp of coriander seeds.

e) For children, fresh extract of *Anisochilus carnosus* and a few leaves of Tulsi etc with a tsp. of honey. Children could be greatly helped with steam inhalation and Ayurvedic cough syrup like Honeytuss which prevents cough and does not induce any drowsiness.

f) Making pillows and small beds:

Fresh leaves of *Vitex negundo* are wrapped in a cotton cloth as a pillow or bed for infants gives a good relief from heavy-headedness and body pain.

Taking baths:

Adults could have hot water bath with leaves of *Vitex negundo*, *Eucalyptus* leaves or a few drops of the same oil.

Infants also could have warm water baths with the same leaves, under a close observation so that they do not put anything in the mouth which they are tempted to do.

LOWER RESPIRATORY INFECTIONS-PNEUMONIA, ASTHMA, EOSINOPHILIA, TUBERCULOSIS AND PRIMARY COMPLEX.

Serious lung infections like the lower respiratory infections cause countless number of death among infants in the recent years. The main symptoms are nasal discharge, fever, wheezing and difficulty in breathing and cough etc.

Almost all the herbs that are used for upper respiratory problems are helpful for the lower respiratory infections also.

7. FEVERS.

Fever is a symptom of many diseases. They vary depending upon the causes as pneumonias, tuberculosis, typhoid, malaria, viral fevers and other pus-forming infections etc. The times of occurrence and the magnitude of temperatures vary depending upon the infections. In respiratory infections, the rise of temperature is almost the same throughout. In case of typhoid, the temperature is high once in 6 hours, touching the normal sometimes. Viral fevers are continuous, always maintaining around 100°F. In malaria, fever goes as high as 102°F. specially at midnights associated with chills.

For bringing down the rise of temperature, according to naturopathic principle, wrapping the body with warm sheets and letting perspiration take place followed by a cold water wipe of the body and cold fomentations over the forehead will do. The use of Paracetamol is of a high risk for our kidneys

find it too difficult to filter them out. Due to a prolonged use, they become the main culprits for kidney failure leading to the need for a dialyser.

#### HERBAL HELPS:

1. For all sorts of fevers:

1. *Mullugo naudicaulis*, 2. *Evolvulus alsinoidis*, 3. *Andrographis paniculata*, 4. *Aristolochia indica*.  
5. *Cardiospermum helicacabum*, 6. A piece of bark of more than 20 year old neem tree, 7. A piece of bark of *Wrightia tinctoria*, 8. A piece of bark of mature tree of *Sesbania grandiflora*, 9. Bark of *Ficus religiosa* tree, 10. Leaves of *Adathoda*, 11. *Tulsi*, 12. A tsp of black pepper, and a piece of dry ginger made into a decoction a half cup taken warm 4 times per day.

2. For viral fevers:

1. A decoction made from papaya leaves and 2. A decoction out of whole plant of *Andrographis paniculata*.

#### TONSILLITIS.

Tonsils are a pair of lymphatic glands meant to help the body to fight against infections. But unfortunately they become a seat of infection and often in children get removed surgically.

#### HERBAL REMEDIES:

1. Drinking fresh extract of pine apple.

2. Decoction from cardamum masala bark and *Athimathuram*

3. Fresh extract of *Tulsi*

#### 8. HEADACHES AND MIGRAINS.

##### THE CAUSES THAT MUST BE AVOIDED FIRST ARE:

1. Stress 2. Inadequate rest and sleep, 3. Chronic Constipation, 4. High B.P., 5. Tumours in the brain, 6. Working amidst loud noises as in the airports and railway stations etc. 7. Any problem in the eyes, ears and teeth.

#### HERBAL HELPS:

1. Fresh extract of full plants of *Acalypha indica*.

2. Warm drinks made from dry ginger, black pepper and coriander seeds.

3. Fresh extract from a handful of coriander plants.

Coffee is wrongly attributed to relieve head ache which is not true for it is an addiction forming drug and a nerve -stimulant and not a soother.

#### MY EXPERIENCES DURING A VOYAGE WITH MEDICINAL PLANTS.

From 1992, we were working in about 25 villages with a project of our own planning called 'Community health through organic farming and traditional health care programme'. We had selected 'village level health workers' the 'VLW's who had some inclination towards practising traditional health care and some land to do organic farming. We should say that we learnt a lot from

people more than that we gave some trainings. Always we were careful to be participatory with people. I used to go round the villages once a month at least. During one such visit in 1993, I noticed the occurrence of an epidemic viral fever. At least one or 2 members or the whole family was down with fever in a few villages. So immediately I came back to the town in our Armadha jeep, made some special packages of Paracetamol tablets, B Complex capsules and Corex cough syrup bottles and thermo meters and deliver in each village, giving clear instructions as how to use etc. and to continue their documentation. I came home by 10 in the night with the satisfaction that I have done something to alleviate some problem of the people.

After a month when all the VLWs and the staff gathered for usual review I enquired the village health. I was really surprised to know that most people preferred their usual traditional herbal medical practices to allopathic medicines and all of them returned their balance of medicines with documentation. Ever since, I was serious about documenting people's knowledge which I continue right throughout the project period and even now. I brought it out in a small book form with the title 'The herbal knowledge people know of' in Tamil and in English. I returned to people as training material in due time. It was presented during 'The second congress of Traditional knowledge' in 1995 in Chennai. I was given a section for discussion with the group of participants.

After that we joined hands with 'FRLHT,' the 'Foundation for Revitalization of Local Health Traditions' Bangalore from whom we received both technical and financial support. We had an opportunity to document the knowledge of local healers and the sacred grooves. We were an instrument of establishing 3000 kitchen herbal gardens in the villages and school herbal gardens in the town. There we became famous for mobile herbal exhibitions in schools and colleges.

## 9. PROBLEMS IN DIGESTION.

The organs of digestion are not meant to be actively working for 24 hours as the heart and lungs without which living is not possible.

After a lot of research, some doctors of naturopathy have explained some principles of digestion.

The 24 hours of the day are divided into 8/8/8 hours.

From 4 A.M. till 12 noon time for removal of wastes from the body (unconsciously done by the body)

From 12 noon till 8 P.M. - time for taking in of food by the body (done consciously by us)

From 8 P.M. till 4 A.M. - time for absorption of nutrients by the body (unconsciously done by the body)

If we do not respect this way of functioning of the digestive system and take a heavy breakfast in the morning as many think it's good, the digestive system will not function well, for it is still working in the first stage of evacuation of the waste. Similarly if we take a heavy late dinner as done in most countries and during grand festivities, the system is greatly disturbed, hard to digest food fails to be digested and instead gets sour, producing a lot of gases with foul smell, sour belching, bloating, acid-regurgitation etc. Most people think that antacids are relieving agents but



actually with no benefit. It's the pharmaceutical companies that manufacture this unprescribed medicines that gain a lot all over the world. Anyway, the aim of beautiful advertisements is fulfilled which aims at making truth out of untruth.

Breast-fed or bottle-fed infants express discomfort towards evenings, the cause is the unexpelled gases from the stomach. Mothers should be careful about 'burping' after each feed. Sometimes in spite of regular burping, vomiting milk may be common. As long as the infant gains weight, nothing to worry. A handful of traditional health care practices could be of much relief.

#### HOME REMEDIES:

1. Putting the child on the tummy and a small stem of betel is introduced into the anus which makes gas release.
2. Asafoetida is roasted, powdered, saved in a glass bottle. Whenever needed, 1/2 pinch of it is soaked in warm water and filtered with 1/2 tsp. of sugar or honey is given to the infant with a dropper.
3. Decoction made of ajwain a few drops are fed with some sweetening agent like honey.
5. When cow's milk is boiled, a few leaves of Tulsi and very little turmeric powder is added.
6. Fresh extract of 2 or 3 betel is given sometimes regularly.

#### HOME REMEDIES FOR CHILDREN AND ADULTS:

1. A big piece of dry ginger, skin scraped off, 3 tsp. of black pepper and a few long pepper powdered, mixed with some jaggery kept safely in a bottle taken whenever needed.
2. A fresh extract of fresh ginger or a warm decoction.
3. Warm drinks many times a day decoction made of dry ginger, a tsp. of pepper powder and coriander seed powder.
4. A fresh extract of a few coriander plants and bunch of curry leaves.
5. Home made Ashta soorna freshly prepared after mildly roasting the components which are:  
dry ginger, black pepper, long pepper, ajwain, small jeera, asafoetida, black jeera and Ind-salt of 1/4 quantity, powdered separately, mixed together and kept safe in a glass bottle and 1/2 tsp. taken after meals only. Ashta soorna on empty stomach can easily stimulate peptic ulcers.
6. Chutney made of fresh stems of *Cissus quadrangularis* with a small bit of tamarind and green chilies.

Walking, Yoga and short fastings and eating only fruits on empty stomach till 12 noon and light food after noon and early dinner at least one hour before going to bed will help a lot. Eating more of cooked vegetables and less rice or chapathy will make a good eating habit for all life.

#### 10. DIARRHOEA AND DYSENTERIES.

Earlier in 19<sup>th</sup> century, these 2 diseases were the major cause of infant mortality in our country. Now thanks to the improvement in public health facilities and antibiotic medical treatments, this situation

is greatly changed. Our government's efforts in creating awareness among people about the 'O.R.S', 'oral rehydration solution' has greatly helped the rural population. In 1974, when I worked in St. Joseph's hospital as house-surgeon, I made a small medical survey involving all the private hospitals and clinics in the whole district on these 2 diseases after watching the high occurrence. With high success, Annai Cauvery is freely distributing the disease -causing E.Coli and Amoeba histolytica all along her course. After meticulous analysis, the presentation was made in a large seminar for doctors and all hospital staff. It made a turning point in my life and I made up my mind to work in community health projects rather than in hospitals towards prevention rather than cure..

#### HERBAL REMEDIES:

1. Powder of the bark and the leaves of Cassia auriculata.
2. Powder of mango nut.
3. A ground paste of or powder of dried pomegranate skin.
4. Fresh juice of pomegranate fruit and lemon juice many times a day.
5. Drinking dilute cow's butter -milk a few times a day.
6. Taking black tea with lime juice.
7. A fresh extract of Cocculus hirsutus. This extract must be taken immediately for it will soon solidify into gel.
8. A fresh extract of a handful of curry leaves.

For meal:

1. Arrow root porridge, Banana powder porridge and light rice kanji with garlic and black pepper.

#### 11. WORM INFESTATIONS.

The worms that live in our digestive tract are of many types such as the round worms, the thread worms, hook worms and the tape worms. It is the microscopic hookworms that cause anaemia in women and children. Regular de-worming in children and also in adults is necessary.

#### THE HERBS FOR DE-WORMING:

1. Eating papaya fruit daily on empty stomach.
2. Papaya seeds dried and powdered for children once a week on empty stomach.
3. Fresh extract of Pergularia daemia leaves and tendrils.
4. Leaves of Erythrina indica ground to a paste.
5. Fresh extract of tender bitter gourd or its leaves once a week.
6. A ground paste of neem leaves, Acalypha indica and turmeric powder.

#### 12. PROBLEMS IN THE RENAL SYSTEM.

##### 1. Burning Micturation or Urination:

It is a common problem in summer and for people working exposed to hot sun.

- 1.The best way of correction is drinking a good amount of water frequently.
- 2.Taking plenty of dilute buttermilk or dilute lemon juice.
- 3.A cold drink made of tamarind soaked in water for a few hours and after removing the fibers jaggerin is added.
- 4.Taking decoction of plant of flowers of *Aerva lanata*.
- 5.Taking fresh extract of banana stem or flowers.
- 6.A ground paste of 3-4 plants of *Phyllanthus niruri*.
- 7.A decoction made of bark of *Cassia auriculata*.
- 8.Fresh extract of *Tribulus terrestris*.
- 9.Seeds of methi soaked over night within the gel of Aloe vera.

## 2.KIDNEY STONES.

- 1.Taking fresh extract of banana stem and flowers,
- 2.Taking decoction of *Aerva lannata*..
- 3.Regular cooking of banana stem and flowers taken with meals.

## 13.REMOVAL OF TOXINS FROM THE BODY.

Toxins-accumulation in the body is quite prevalent from within the body during the old cell destruction, digestion and taking in of chemicals as medicines, intoxicants,addictive drinks and preservatives etc.Our kidneys suffer very much in the process of filtering too much of it.So much so, they reach a stage of failure.Lungs suffer, get inflamed and express as respiratory problems .The bowels express as diarrhoeas and dysenteries and reach a stage of 'irritable bowel syndrome' etc.These are the body indicators of failure in throwing out the body wastes.So,some external help is needed in the forms of herbs.

The herbs helping in toxins removal:

- 1.Fresh extraction of plants of *Cyanodon dactyliformis* on empty stomach.
- 2.Fresh extract of a few amla fruits on empty stomach.
- 3.A fresh extract of a handful of leaves of *Gymnema sylvestre* and moringa leaves.
- 4.A fresh extract of leaves of *Sesbania grandiflora*.
- 5.Fresh extract of a handful of *Tribulus terrestris* stem with leaves and thorny fruits..
- 6.Taking fresh dilute lemon juice during the whole day.
- 7.A ground paste of *Lippia nodiflora* about the size of an amla fruit

## 14.GENERAL PAIN IN THE BODY, TIREDNESS AND CHEST PAIN .

These 2 symptoms of general body pain and tiredness go together indicating that we are overtaxing our body with unnecessary works,specially the digestive system with a tendency of over eating, accumulating fat and increasing body weight.First of all we must take care to remove the causes.We

must not overload the body with chemical remedies such as Paracetamol as pain-relievers and anti-inflammatory agents. Anaemia could cause these symptoms also.

1. Taking frequent warm drinks of black pepper, long pepper and dry ginger.
2. Taking 1/2 tsp. of Triphala daily.
3. Taking fresh extract of *Aristolochia indica*, *Cardiospermum helicacabum* with pepper and dry ginger.
4. Taking fresh extract of amla fruit and lemon juice every one hour.
5. Taking warm drinks with Hibiscus flowers, dry ginger with some jaggery.
6. Eating light food of kanji with rice, green gram, garlic and pieces of fresh coconut or its milk.
7. Eating kanji made of ground paste of black gram with coconut pieces or milk.

#### 16. BURNING IN THE EYES AND SORE EYES.

As usual the causes such as the lack of protection against air pollution in the industrial area must be avoided. Eye-infections as Madras eyes which occur as an epidemic now and then must be taken care of. Washing frequently with clean cold water and not rubbing the eyes are essential.

#### HERBAL REMEDIES:

1. Keeping a piece of jelly of Aloe vera over the eyes and bandaging with a fine cotton cloth and , resting not more than 15 minutes three times a day. It is a very powerful cold way and some people catch colds easily with this treatment.

#### 17. SKIN PROBLEMS.

##### 1. ITCHING OVER THE SKIN:

The causes such as pregnancy, diabetes, the insect bites like the ants and mosquitoes and irritation by some plants, wearing tight synthetic clothes and excessive perspiration must be avoided. Scratching must not be entertained.

The affected area must be washed with cold water without any soap.

#### HERBAL REMEDIES:

1. Squeezing a few leaves and applying over the affected area of the following is beneficial.  
1. *Occimum sanctum*, 2. *Occimum basilica* 3. *Choroxylon swietenia* and 4. *Wrightia tinctoria*.

##### 2. PRICKLY HEAT.

The name is self explanatory, it is the eruptions that occur during excessive heat. Scratching must be avoided for it will lead to more scratching and leave black marks on the skin later. Instead soft massage may give some comfort. Applying talcum powders offer some temporary comfort but the sweat pores get blocked by it which soon gets washed away with next bout of sweating. Frequent washing with cold water helps a lot. Leaving the body open to air is of much help. Instead of using soap, use of home – made bath powder may be beneficial.

#### HERBAL REMEDIES;

- 1.Smearing of fresh sandal wood is healing.
- 2.Applying fresh water from palmyrah tender fruit's water is healing.
- 3.A ground paste of plants of *Cyanodon dactyliformis* with turmeric helps in healing.
- 4.Use of plain turmeric over the affected area is of help for healing.

## 2.PIMPLES OVER THE FACE.

The causes must be avoided first.Constipation and eating oily snacks and sweets must be avoided. If one wants a beautiful face,instead eat more fruits on empty stomach and apply fruit juices and pulp over the face. Should wash the face frequently without cosmetic, antibiotic soaps.Should not prick with nails.Daily frequent use of turmeric is the best antibiotics known in the whole world.

Herbal face-wash powder must be prepared and used by self with the following:

- 1.Dry skins of lemon, oranges.
2. Green gram, chenna powders.
- 3.Powders of turmeric, Kasthuri turmeric and tubers of poolan and roots of Vetty etc.

## 3.CRACKS IN THE FOOT.

It is a unique problem for people who use the feet roughly walking without foot wear. I was horrified to see during my recent short medical survey a few people with foot cracks of a few inches long and deep, frequently getting infected also and going to hospitals for operations. Such are extreme cases of negligence.Some time must be spent for foot care, specially the diabetics for they lose the sensitivity of feet very soon.Daily feet must be soaked in warm water and scrubbed clean before thinking of applying any cream or oil.

## HERBAL REMEDIES:

- 1.Applying over the whole sole of the foot ground paste of *Lawsonia inermis* daily during the day.
- 2.Applying oils like the castor or cashew nut night, taking care not to slip down easily.

## 5.WOUNDS.

Fresh wounds must be cleaned and applied Iodine or Tincture of Iodine which will promote a quick healing.Uncared for, with a few, wound-healing becomes a problem. Wounds do not heal easily with diabetics and leprosy.Both are insensitive for any pricks like the sharp nails and pins etc.even when wearing footwear which are soft.Bed sores occur easily with the bed-ridden with stroke, paralysis etc.

## HERBAL REMEDIES:

### FOR FRESH CUT INJURIES:

- 1.Fresh ground paste of *Tridax procumbens*.
- 2.Fresh ground paste of *Acalypha indica* with turmeric powder.

### FOR CHRONIC ULCERS:

1.Warm fomentations in coconut oil with a little piece of tamarind , crushed pepper and salt in a cotton cloth bundle twice a day.

2.An application of neem oil mixed with turmeric powder promotes healing.

3.A gound paste of *Acalypha indica* mixed with a little Turmeric powder is beneficial.

The more the wound is cleaned and covered with cotton and bandaging without any air circulation,the worse it becomes.Blood circulation must be facilitated with massaging with fingers in the surrounding area.Passive exercises for the legs is of great importance.

#### 17.DIABETES INSIPEDES – A DISEASE OF DUCTLESS GLAND.

Diabetes insipides is caused by the failure of Pituitary gland situated under the brain.Excessive thirst may be a serious symptom.An abnormal growth of the ductless glands under the brain also cause this.An allopathic treatment offering the respective hormones are necessary and a removal of tumours surgically first is essential.

The sprouts of horse grams are found to be of some help.

#### DIABETES MELLITUS.

This type of diabetes is of 2 types and type I type II.

The origin of these diseases also is from one ductless gland, the pancreas.It is situated near the duodenum, part of the small intestine. The cells from Islets of Langerhans, a type of special cells secrete insulin which monitors the glucose metabolism of our body.

#### TYPE 1 DIABETES OR INFANTILE DIABETES.

It occurs and identified in children at about the age of 8. The over growth of gums is the first symptom which is identified by a careful dentist. It is imperative to take insulin daily 3 times by injection in order to maintain a steady blood sugar level.These children otherwise grow normally and achieve their aim in life.

#### TYPE II DIABETES.

This is a metabolic disorder more prevalent among adults in the recent times after implementation of the green revolution. Expressed by the age of 30years and becoming mature by 40s and express its complications in all over the body,starting with eyes upto the toe affecting all the systems in the body such as the blood circulation and the kidneys etc.Sugar-reducing tablets of many types are prescribed depending upon the sugar level till death comes. Many physicians are of opinion that it is a disease to be lived with and not cured.Often injection insulin is prescribed for better control.Now it is easily taken by self under the skin a few times a day.So, people become medicine dependent life long.

If the sugar level is more, it is converted to glycogen and stored in the liver which functions as 'glucose bank'and if is still more, converted into fat and is stored in all parts of the body.The level of glucose in the body is maintained as 70-90mg. in 100ml. of blood during fasting and as 90-120

mg. about 1 and 1/2 hours after eating. This is considered average and normal and easily checked in glucometers instantly. The border line cases are alerted for taking treatment.

If the blood sugar level is more than that drugs are prescribed, special diet and walking are advised to reduce this level. Insulin injection is calculated and prescribed to be taken by self. Somehow the blood sugar level keeps on fluctuating. If by chance of any additional draw back like stress and worries, blood sugar level is raised and speed up the side effects and bad effects.

#### THE COMPLICATIONS OF DIABETES.

All the systems in the body from head to foot are affected by diabetes

1. THE EYES: Changes like glaucoma, retinal white dots and cataract all are possible.

The internal pressure within the eyes is raised causing 'Glaucoma'. The retinal screen gets holes in it, eventually get torn suddenly and both of these conditions lead to sudden blindness.

#### 2. THE BLOOD CIRCULATION:

The arteries in the body, specially in the lower limbs begin to get narrowed, which is called the 'Atherosclerosis'. The affected foot and the toes exhibit discolouration. The pulses get diminished and cannot be felt at all as happens to the dorsalis pedis. The sensations in the affected areas diminish. So in spite of wearing footwear, sharp objects happen to pierce the sole. Ulcers are formed which are not healed easily because of lack of adequate blood supply. Frequently a toe needs to be removed by surgery due to lack of healing. Infection affects higher and it seems to be not stopping. Sometimes it goes up to amputation up to the knees.

So diabetics must take great care of their feet. The feet must be soaked in warm water and scrubbed and the nails must be regularly trimmed carefully.

The minute capillaries to the heart if narrowed, it leads to death of heart muscle tissues causing a massive death, which is named as the 'Myocardial infarction', 'Angina pectoris' causing severe pain and sudden death.

#### 3. CHOLESTRAEMIA:

An increase in the level of LDL cholesterol in the arteries lead to narrowing of blood vessels and also by fat deposit in minute arteries just as salt deposit in running water pipes leading to diseases of the arteries.

The narrowing of blood vessels to the kidneys cause serious 'Renal failure' for which the modern dialysers and kidney transplantation are life-saving strategies.

#### HERBAL REMEDIES:

1. Eating a few cloves of garlic and raw carrot on empty stomach.

2. Jeera soona is prepared by soaking 100 gms of jeera in ginger extract over night. The same is dried in shade during the day taking care to avoid fungal infection. Better to dry in sun in rainy season. This must be done for 7 days pouring more ginger extract daily. On the 8<sup>th</sup> day it is well

dried in hot sun and ground to powder, sieved and saved in a glass bottle. 1/2 tsp. is taken daily on empty stomach.

#### 18. CANCERS.

Cancers fall in the list of preventable but incurable killer- diseases. Any herbal treatment may be for some palliative treatment and soothing till death and may prevent its aggressiveness and invasiveness for some.

Taking only and all fruits other than the bananas, 75% water-containing fruits and juices could offer a lot of comfort in life. Those who could walk about could enjoy sun shine and wild beauty of nature, specially the surya darshans twice a day. Those who are destined to a bed-ridden life have to be satisfied with their restrictions and try to be happy with the remaining faculties of their life. Any way fruits, juices and raw vegetables are the best food only on empty stomach. They could completely avoid cooked food and chemical medicines.

#### HERBAL SOLACES:

1. It would be better to stop cow's milk and other formula milk powders. Soya milk and almond milk are much better, without forming mucus specially for cancers of prostate gland.
2. Wheat grass could be grown at home and its extract daily on empty stomach could be taken.
3. Fresh extract of wild grass *Cyanodon dactyliformis* is good.
4. Green tea and lemon juice could be taken a few times a day.
5. Fresh amla juice is good.
6. Fresh extract of bael leaves and fruits are good.
7. For blood cancers Siddha preparation *Seran kottai legium* is beneficial.

#### ULCERS OF BREAST CANCERS AND OF LYMPH GLANDS.

Special oil could be prepared at home for external application over the ulcers the following way:

1. The gum from moringa tree dried -100 gms,
2. The flowers of moringa tree dried - 100 gms.
3. The leaves of the same tree dried -100 gms.
4. The wood bark of same mature tree dried -100 gms.
5. The dried skin of pomogranate fruit -100gm.
6. The pearls of pomogranate dried -100gms.
7. Eucalyptus oil -100 ml.
8. Castor oil -100ml.
9. Tulsi oil or neem oil -100 ml.

Altogether boiled in slow fire, cooled, filtered and saved in a glass bottle and used twice a day as external application would offer nature's healing of cancer sores.

#### 19. ANAEMIA;



Anaemia is common among women specially during pregnancy and after child birth. Among adolescents also because of loss of blood during cycles of menstruation. Haemoglobin estimation gives us an indication of the level of iron content of the blood. A value below 16 gm.% is considered anaemic. Stool examination is imperative and regular de-worming is very essential.

#### HERBAL REMEDIES:

1. More fruits, green vegetables and others like raw carrots, Beet root, radish and tomatoes.
2. All types of greens contain different nutrients but all contain iron, calcium phosphorus the essential minerals and vitamins such as 'B' complex, 'C' etc. and all essential amino acids etc.

Hibiscus cannabinus contains plenty of iron in it.

3. Buds and flowers of Hibiscus rosa sinensis.
4. Fresh extract of Cyanodon dactyliformis.
5. Fresh extract of leaves and fruits of Bael tree.
6. A fresh extract of Eclipta prostrata, Phyllanthus niruri, Boerhavia diffusa, Aristolochia indica and Centella asiatica, Bacopa munerii and Neem leaves etc. together or as many as available.
7. Daily intake of juice of amla fruit and Pomogranate early in the morning.
8. Powder dried bark of Thespesia populnea.
9. Decoction of rib gourd.

#### 20. WOMEN'S PROBLEMS.

##### 1. Reaching puberty:

Reaching puberty earlier than average age that is 16 to 18 years is the new problem of recent times which reflects on the changes in lifestyle. It is capable of producing a lot of psychological problems among young girls. Reaching puberty earlier even at the age of 8-9 years is due to earlier stimulation of sex glands. Eating too much of chicken containing hormones and too much of sweets are the cause of this problem. As ever the eating habits must be changed and lifestyle needs to be changed.

##### 2. MENSTRUAL DISORDERS.

- a) Pain during menstruation,
- b) Irregular days of menstruation,
- c) Excessive or less bleeding,
- d) Infertility.

The root cause of all these disorders is one that is of hormonal disorder.

Dr. M. Walker has done a lifetime research on endocrine glands and he is sure that consuming milk, on addition we also consume meat and chicken containing more hormones and antibiotics which induce hormonal disorders. The natural cycle of menstruation gets greatly disturbed. So, all problems put their heads up in due course of time. If relief from all these is our first priority, we have to make some changes in our lifestyle.

The ovulation or the release of the female egg takes place 14 days before the next menstrual bleeding that is in between the two periods. Conception could take place exactly around this time 4-5 days before and after ovulation. If conception is wanted, the couple must make use of this 'fertile period' of the natural cycle and avoid the same if they do not want conception. Taking hormonal tablets for many things even to postpone menses by a few days or as a method of family planning is not advisable. In the long run they behave as carcinogens, the cancer stimulants.

#### A FEW HERBAL REMEDIES.

1. Methi seeds soaked overnight, relieves lower abdominal pain.
2. The decoction of the *Mimosa pudica*, the 'touch me not' plants are helpful in relieving pain and irregularities.
3. The decoction of leaves of *Melia azadirachta* are of high value for many of female problems if taken on empty stomach continuously at least for one week.
4. A fresh extract of *Oldenlandia corymbosa*.
5. A fresh extract of ginger is helpful.
6. The regular use of *Triphala* is of help.
7. A fresh extract of banana stem and flowers is good and also it is good to cook and take with daily food. It is a good remedy for excessive bleeding specially before menopause.
8. Anaemia and the resulting less bleeding could be overcome when anaemia is corrected. Anaemia could be corrected only by eating greens every day and raw Hibiscus buds or flowers.
9. For less bleeding the ashes of whole plants of *Achyranthus aspera* may be of some help.

#### WHITE DISCHARGE.

White discharge can be due to simple reasons such as wearing tight synthetic wears or it could be an early sign of cancers in the cervix of uterus or any tumours in the uterus or its prolapse. So care must be taken for correct diagnosis. It is wise to get Papanicolaou test done early to decide on the necessary course of treatment.

#### HERBAL REMEDIES:

1. A fresh extract of *Oldenlandia corymbosa*.
2. A fresh extract of *Enichostemma littorale*.
3. A fresh extract of a few plants of 'Touch me not'.

#### GROWING HAIR IN THE WRONG PLACES:

It is again the confusion among the hormones that express some manly manifestations in the female.

#### THE HERBAL REMEDIES:

The ground paste of *Acalypha indica*, neem leaves and turmeric powder is applied over the necessary places during the night and washing it away in the morning. This process must be continued for a whole month for a good result..

## 22.BEAUTY CARE.

For beauty care our traditional care is the best. The modern artificial temporary procedures like bleaching the skin, pulling out hair from the eye brows or plaiting the hair in the eye brows seem to be ridiculous in the long run. The true natural beauty comes with smiles and health from within.

In Nigeria, women were crazy for bleaching their dark skin for better job opportunities. They were forcing it upon children which created a lot of health problems for them. Glutathion is a very harmful and banned chemical and was used as injections, tablets and with creams for external application. A film by name, 'Black panther' aims at awareness that black colour is not an impediment for growth and people can make their life successful even in black colour.

### HERBAL BEAUTY:

Chemicalised and antibiotic combined soaps and shampoos are of absolute waste.

For face and skin, turmeric is the best as a cleansing agent and antibiotic. Home-made bath powders are made the following ways:

1. The peels of oranges and rind of lemon and lime fruits are dried and powdered.
2. Green gram or the chenna are powdered. They could be used separately or in combination.
3. The powder of plants of *Cassia auriculata* is good, making the skin shine like gold.
4. The tubers of Poolan, Kasthury turmeric and roots of Vetty are good smelling agents for a face-wash powder. Some people have some notion that the turmeric darkens the skin and avoid it..
3. For washing hair, soap nut dry powder and a ground paste of methi seeds soaked over night are the best.

### FOR A GOOD HAIR GROWTH:

#### SPECIAL FOOD;

1. More of fruits in diet in the morning until noon.
2. Eating raw vegetables such as carrot, beetroot and tomatoes.
3. Eating sprouts of a few grams like green gram, horse gram, cowpeas and chenna and a few small millets like the pearl millet, ragi, thinai, varagu etc.
4. Eating nuts like Bhadam, Brain nut etc. and not cashew nuts for they contain more fat.
5. Daily eating one variety of greens as cooked food but double as the volume of rice.

#### HERBAL PROMOTERS:

1. Daily drink of amla fruits early in the morning.
2. A ground paste of curry leaves.
3. A ground paste of *Alternanthera sessilis*, *Eclipta prostrata*.
4. Prepare home-made hair oil the following way: Grind leaves of *Eclipta alba*, curry leaves, *Indigofera tinctoria*, *Lawsonia inermis* and Methi seeds etc. and boil with coconut oil 500 ml. on a very slow fire. All the solids will settle down as black powder at the bottom of the vessel.

Allow it to cool for sometime, filter and save in a brown coloured glass bottle. It will be less than the raw oil. Use it as external application for hair alone. A dark long hair is assured.

#### PREVENTION AND CHANGING OF GREY HAIR.

Avoid using chemicalised soap, shampoo and washing with water containing chemicals like chlorine and use of hair dyes.

#### 23. INFERTILITY AMONG MEN.

During this modern times, infertility among men is very common due to men working in chemical industries and under a stressful lifestyle. Semen analysis is of utmost importance before any procedure on women is imperative. The number of spermatazoa must be 15 lacs. They must be mobile with a good speed of 3.2%. They must be alive atleast for 12 -24 hours. Their shape must be normal etc. A lot of pharmaceutical companies are doing a lot of research on them. There are wonderful medicinal plants also.

#### HERBAL REMEDIES:

1. Moringa leaves, flowers, seeds, bark and gum - taken as fresh extract, decoction or as a dry powder.
2. Plants of Solanum trilobatum all parts as above.
3. Cyanodon dactyliformis, Centella asiatica, Bacopa munerii, Tulsi, Bael leaves, Eclipta prostrata, Ionidium suffruticosum - taken as fresh extract or ground paste on empty stomach for 48 days
4. Dried tubers of Withania somnifera boiled in milk, dried and powdered taken tsp. daily for 48 days.
5. Taking fresh extract of Aloe vera gel daily for 48 days.
6. For improvement in erection, oil of black jeera is smeared over it.

#### 24. DOCUMENTATION OF PEOPLE'S KNOWLEDGE IN 15 VILLAGES IN TAMIL NADU.

#### 25. MEDICINAL PLANTS AS FOOD.

In 326 B.C. the Greek Physician Hippocrates has said: "Let thy food be medicine and medicine thy food." Later on our ancient Siddhas have reinforced it. They have introduced different ways of consuming medicinal plants with food. They have given clear cut instructions as what to eat how to eat and how long to eat etc. Better not to consume ripe Banana fruits but to eat them only as unripe with a thick skin after cooking. Banana stem and flowers are good to take with food regularly which will help in alleviating problems in renal system, preventing stone formations and burning urine etc. Of all the tubers that are formed underground only the small Dioscoreas that are called 'kanunai' are worth eating which cannot be consumed without tamarind. They were sure that all the 6 tastes must be used in food which will maintain the balance between 3 doshas the kapha, pitha and vadha. Our tradition has kept in the kitchen a compulsory box containing mustard, black pepper, long pepper, dry ginger, red chillies, coriander seeds, ajwain, fennel, jeera, cloves, curry bark and methi

seeds etc. to make sure that they are available at any time for emergent use at times of indigestion, fever and cough and cold etc.

As the culture is growing, we have added more cooking methods which cater to the taste also.

1.Sambar: It has almost become our daily food in Tamil Nadu. All greens,vegetables preferably brinjal and drumstick a few tomatoes and some pieces of raw mango are cooked by this name. Any one of the different varieties of dhal and Asafoetida must be definitely used.Masala powder whose constituents are all digestive agents like red chillies,Asafoetida,jeera,pepper,coriander seeds black gram dhal and Turmeric etc. This is essential for eating rice the first course, with idlies, dosas etc..

#### 2.Rasams:

Rasams are the second requisite for eating rice as second course.A little bit of tamrind or tomatoes instead, jeera,pepper,Asafoetida, curry leaves and coriander leaves are used for seasoning.Medicinal plants such as the Mukia madaraspata, Cariospermum helicacabum, Aristolochia indica,Solanum trilobatum, Moringa leaves etc.are also used.

On special occasions of cold, fevers, fractures of bones and convalescence from long illnesses etc. Crabs from paddy fields and immature country chicken are pounded and added to rasams.

On rainy days, women after having worked in the paddy fields, collect on their way back homes some of these herbs and make rasams and also prepare as greens and eat with boiled rice etc. which prevented them from falling ill specially during rainy seasons.

#### 3.Chutney or Thvaiyal:

A ground paste of a few selected herbs like the coriander leaves, curry leaves,Solanum trilobatum,Moringa leaves, tubers of radish, stem of Cissus quadrangularis and peel of ribbed gourd etc. are fried in a little oil with a few red chillies, a handful of some dhal or coconut pieces and salt etc. If fried again to reduce the water content,with more oil,it could be preserved for a few more days. It is eaten with boiled rice, idli, dosas and chapathies.

#### 4.Soups:

Soups are made with the above mentioned herbs and a few tomatoes, jeera and pepper powder, it could be drunk as it is.

#### 5.Hot Drinks:

Hot drinks are made with Hibiscus flowers,Tulsi leaves,Flowers of Cassia auriculata etc. adding some sweetening agents like jaggery.

Pungent hot drinks are made with some green leaves, pepper, jeera and salt etc.

#### 6.Touch-frying:

All the greens are touch fried with a little oil and more water, some coconut scape, eaten with hot boiled rice.

#### 7.Kootu or combinations:

All different greens and different vegetables like all gourd varieties and cabbage etc. could be made into kootu by adding some boiled green gram or any gram. They could be eaten as such or with boiled rice, idli or chapaties.

#### 8. Kuzhambu:

By 'Kuzhambu' that sauce is made with some tamarind extract or a few tomatoes and ground paste of fresh coconut. Vegetables such as brinjal, drumstick, and cow peas are added.

Fish either from fresh water or from sea are cooked the same way.

#### 9. Masiyal:

By 'Masiyal' it is meant that the constituent is smashed like the small variety of Dioscoreas called the "karunai". It cannot be eaten without some thick extract of tamarind.

#### 10. Vadai.

A few finely cut greens and flowers of banana are mixed with some chenna dhal flour and are deep-fried in oil.

#### 11. Adai.

A few finely cut greens are mixed with ground paste of rice flour; they are called 'adai'. They are fried with a little oil on tawa instead of deep-frying.

#### 12. Patchadi:

Small pieces of raw vegetables like all different gourds, carrot and cucumber are mixed with curds and served garnished by a few leaves of coriander and curry leaves.

#### 13. Dosas:

Dosas are made with fermented ground paste of black gram and rice in a certain proportion of 1:4. Any herbs could be cut into fine pieces and could be mixed with dosa-flour.

#### 14. Vatal or dried things:

A few vegetables like brinjal, lady's fingers even mature tough, green chillies, fruits of Solanum nigrum and fruits of Solanum surrattense are soaked in buttermilk during the night and dried during the day. After processing this way for a few days, sun-dried thoroughly and kept in air-tight containers. When wished, deep fried in oil and eaten with boiled rice.

#### 15. Podi or powders:

Dried herbs like curry leaves, black gram, green chillies, and a pinch of Asafoetida are pounded or ground in a dry mixie jar together and kept safe in an air-tight container. When needed, 1 or 2 tsp. is mixed with required amount of gingelly oil and taken with idlies, dosas or boiled rice etc.

## 25.BOTANICAL NAMES OF A FEW USEFUL MEDICINAL PLANTS.

- 1.Abutilon indicum.-Thuthy.
- 2.Acalypha indica -Kuppai meni.
- 3.Achyranthus aspera -Nayuruvi.
- 4.Adathoda vasica-Adathodai.
- 5.Aegle marmolus- Bael. Vilvum.
- 6.Aerva lanata – Siru poolai.
- 7.Aloe vera – Kumari or Sothu kattralai.
- 8.Alternantheraa sessilis -Ponnaan kanni.
- 9.Andrographis alata. - Periya nangai.
- 10.Andrographis paniculata – Syria nangai.
- 11.Anisochilus carnosus -Karpooravalli or Omavalli.
- 12.Aristolochia bracteolata -Aadu theenda palai.
- 13.Aristolochia indica – Peru Marundhu.
- 14.Azadirachta indica – Neem tree or Vembu.
- 15.Borassus flabellifer – Palm tree or Panai maram.
- 16.Breyani retusa – Thavasi keera.
- 17.Calotropis gigantea – Erukku.
- 18.Cardiospermum helica cabum -Mudakattan.
- 19.Cassia auriculata – Aavaarai.
- 19.Cassia obtusa – Nila vaagai.
- 20.Cassytha filiformis -Verilla Kothan.
- 21.Chloroxylon swietenia. -Vambarai.
- 22.Cissus quadrangularis – Pirandai.
- 23.Coccinia indica – Kovai.
- 24.Cocculus hirsutus – Siru kattu kody.
- 25.Colocasia esculentum -Sembu.
- 26.Cyanodon dactyliformis – Arugam pul.
- 27.Datura metel -Oomathai.
28. Delonix elata – Vaatha Narayanan.
- 29.Dodonea viscosa – Viraali.
- 30.Enicostemma littorale.- Vellarugu.
- 31.Erythrina indica – Mullu Murungai or Kalyana Murngai.
- 32.Euphorbia hirta – Amman Pacharisi.
- 33.Euphorbia tiru kalli.- Thiugu Kalli.

34. *Euphorbia heteraphylla* -Paal perukki.
35. *Evolvulus alsinoides* -Vishnu Granthy.
36. *Feronia elephantum* – Vila or Wood Apple.
37. *Ficus bengalensis* – Banyan tree, Aala maram.
38. *Gloriosa superba* – Kann vali poo.
39. *Gymnema sylvestre*. - Siru Kurinja.
40. *Hemidesmus indicus* – Nannaari.
41. *Hibiscus cannabinis*. - Pulichai keera.
42. *Hibiscus rosasinensis* – Sem paruthy poo.
43. *Indigofera tinctoria* – Avuri.
44. *Indonesiella echinoides* – Kopuram thangi.
45. *Ionodium suffruticosum* -Orithazh thaamarai.
46. *Lausonia inermis* – Maruthaani.
47. *Leucas aspera* – Thumbai.
48. *Loranthus longiflorus* – Vemvu ottu or Vembu ottu.
49. *Macrotilona uniflorum* -Horse gram or Kollu.
50. *Melia azadirachta* – Malai Vembu.
51. *Mimosa pudica* – Thottaal Vaadi.
52. *Mollugo nudicaulis* – Parpadagam.
53. *Mormodica charantia* – Pagai.
54. *Morinda tinctoria* – Manjanathi.
55. *Moringa oleifera* – Murungai or drumstick.
56. *Mukia madaraspata* – Musumusukkai.
57. *Murraya koenigii* – Kari vembu or curry leaves.
58. *Musa paradisiaca* – Vaazhai or Banana.
59. *Ocimum basilicum* – Thru neetu pachilai.
60. *Ocimum sanctum* – Tulsi.
61. *Oldenlandia corymbosa* – Inbural.
62. *Pedaliium murex* – Aanai nerunji.
63. *Pergularia daemia* – Veli paruthy.
54. *Piper betel* – Vettilai.
55. *Phyllanthus niruri* – Kizha nelli.
56. *Nippia nodiflora* - -Poduthalai.
57. *Pongamia pinnata* –Pungan.
58. *Psidium guajava* – Koyya.



89. *Ricinus communis* – Aamanakku or castor.
90. *Syzium cuminis* – Naaval.
91. *Solanum melongena* – Kathari or egg plant.
92. *Solanum trilobatum*. - Thoothuvalai.
93. *Tamarindus indica* – Puli.
94. *Thespesia populnea* – Poovarasu.
95. *Toddalia asiatica* – Milagaranai.
96. *Tribulus terrestris* – Nerunji mul.
97. *Tridax procumbens* – Vettu kaya thazhai.
98. *Vinca rosea* – Nithya Kalyani.
99. *Vitex negundo* – Nochi.
100. *Wattakakka volubilis* – Perung kurinja.
- 101 *Wrightia tinctoria* – Veppalai.

#### HISTORY OF SUGAVANAM.

‘People’s Agricultural Farm’ is a non-governmental organisation registered in 1981 in Tindivanam. Through this Chetty kulam, Manganampatty and Karaiyur watersheds were implemented. Of all, Chetty kulam watershed is a living monument because of people’s love for trees. Lacs and lacs of trees have been planted and taken care of by the villagers of Veppangudy village.

At the bottom of this watershed, 13 acres were allotted for regeneration according to the recommendations of AFPRO Unit III, Coimbarore from 1997. Once fenced and prevented from flocks of stray cattle free grazing, all the original forest species of Pudukkottai forest started regenerating. It was designed to be a mini watershed in itself. With the technical help of ‘FRLHT,’ ‘Foundation of Revitalization of Local Health Traditions,’ Bangalore which has helped in scientific documentation after having divided into measured grids of 50 meters square, giving it a status of ‘Ethno medicinal forest,’ EMF and ‘Medicinal Plants Conservation Park,’ the ‘MPCP’. We had named it ‘SUGAVANAM’ since most species of the total 500, were of high medicinal value.

AFPRO and FRLHT helped us with some buildings for training centre. A few lacs of students benefitted by the ‘Environment awareness programmes’ and ‘Bio-diversity awareness programmes.’

What can you see in Sugavanam?

All the components of a watershed:

Water-harvesting structures,

Soil-conservation methods,

Trees and cacti along bunds and

A few farm ponds etc.

What can you learn in Sugavanam?

Naturally growing bio-diversity of a forest mostly medicinal.

Dry land tree-growing and horticulture,

Organic 'in situ' and 'ex situ' composting,

Earth-worm culture,

Panja kavya preparation,

Theme gardens of medicinal plants for various life style diseases like the diabetes etc.

A nursery for medicinal plants.

What can you buy in Sugavanam?

A few books on the identification and use of medicinal plants.

Informations about a few sacred grooves in Pudukkottai,

Seedlings of local trees and medicinal plants.

Organic and earth-worm compostes.

Organic vegetables from the neighbouring farmers.

On previous planning and discussions the programmes that could be organised:

Environment awareness education programmes for students.

Guided tour of the sacred groves and temples like Porpanai Kottai etc.

Nature camps for families half day with raw food.

Now the havocs of Kaja cyclone on the 16<sup>th</sup>. of November, 2018 are getting corrected such as the clearing of fallen trees, repair of the broken buildings and planting more trees etc.

Please contact:

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When Aavaarai is flowering in gold showers, no one needs to die,

When Hibiscus is flowering red, no one needs to suffer anaemia,

When Tinospora grows with its tendrils, no one needs to suffer fever,

When Tulsi is growing well, no need to suffer cold and cough.

This is what my grand mother has taught me and I will teach you the same.

Anne Victoria.